



Strong Choices, Strong Families: A Parent's Guide To Prevent Childhood Obesity

Babs Hogan

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Behavior change is incredibly difficult and we often lose confidence in our ability to make meaningful change. In today's fast-paced world, it's easy to go with the flow of society and it seems as if we are not aware of our own choices. This book emphasizes the power of making small but strong choices on a weekly basis. Follow the structured plan, set smart goals, stay motivated, and watch your confidence soar as you reach success. As a result of your success, your children will benefit too. Ask your entire family to join you on your quest for a zestful, vibrant, and healthy life. Remember, "You are stronger than you think."

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